



H-PLUS Function Exercise: ZONING

Function Command: PLUS-INSULATE, INSULATE; PLUS-CANCEL

Purpose:

This is your H-PLUS Function exercise to learn to create a zone of comfort around your physical body.

Application:

To set up an operating static temperature field around the entire physical body that resists changes beyond the normal comfort area. Use to adjust and compensate for environments as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- Combine **ZONING** with other H-PLUS Functions appropriate to the particular situation.
Examples – If the heater/air conditioner fails in your car, use the **RELAX** Function with **ZONING** for comfort until you reach your destination. While mowing the lawn in hot, humid weather, using **STRONG-QUICK** with **ZONING** can speed the task and increase your comfort. If you forgot to turn on your electric blanket before going to bed on a frigid night, do **PLUS-INSULATE, INSULATE** until things warm up.

Please Note:

- You may notice that cold hands, feet, etc., become more comfortable without adding extra protection.
- You may observe that the ambient temperature is too hot or cold for comfort, but you are not shivering or sweating.
- This Function exercise is for use as needed; *be sure* to use the **RELEASE** Function when the need has passed.

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